



MOVE!

MOTIVATE



Motivation is the force behind doing something. Without it, nothing much happens... Motivation often comes and goes, but here are some tips for how to get it and keep it:

- ✓ Get SERIOUS! Make your weight control a top priority!
- ✓ Have patience..... Results take time.
- ✓ Have reasonable expectations. Expect no miracles.
- ✓ **GOALS!** Set daily and weekly goals that are achievable. Write the goals down. Don't worry about the long term stuff right now.... They will happen as you achieve the daily goals.
- ✓ Take 1 day at a time.
- ✓ **REWARD** yourself frequently for following your program (but not with food!).
- ✓ Do what it takes to get some RESULTS! Results motivate!
- ✓ Keep a record of your weight control activities (food record, exercise record) and your progress.
- ✓ Do exercise and other wellness activities with others.
- ✓ Seek support from others.
- ✓ Have a vision of how you want to be.
- ✓ Learn from your setbacks and mistakes. Forgive yourself....
- ✓ Do LOTS of positive self-talk!
- ✓ Get rid of "STINKING THINKING".